

In this issue:

- Building Confidence and self esteem
- Sleeping
- Coping with loss or grief
- 10 coping skills for grief
- Child Bereavement Charities

The Achieve and Learn Trust believes that nothing is more important than safeguarding the young people in our schools.

Thankyou for all the positive emails we have received regarding our bulletins and the suggestions for topics to cover. I have selected the most common themes requested, and put them together in this bulletin. I wish you all a happy and safe half term. Next half term the focus will be on "Hate and Derogatory Language"

BUILDING CONFIDENCE AND SELF-ESTEEM

Self-esteem is how you think and feel about yourself. Feeling confident means feeling good about yourself, your abilities and your thoughts.

It is common for young people (and adults!) to feel that they want to be more confident. Sometimes confidence can go up and down depending on the situation. Your child might be really chatty around their friends, but struggle with meeting new people. This is totally normal.

Building up your child's confidence can take time, but taking small steps can often lead to big changes, which can make a big difference in how they feel every day.

It's important to remember that we are all unique and what makes each of us feel our best is going to be different for everyone. It's also important to remember that someone's "best" might look different day to day.

12 Ways To Help Kids Boost Their Confidence

Encourage a growth mindset.

Encourage independence and risk-taking.

Remind kids of their strengths.

Give chances for everyone to shine.

Give specific positive feedback.

Teach and discuss resilience.

Help kids celebrate accomplishments.

Teach positive self-talk.

Have kids reflect on growth.

Celebrate diversity and uniqueness.

Encourage kids to follow their passions.

Help kids set and meet individual goals.

www.thepathway2success.com

One day your child's best might be feeling confident enough to get out of bed, the next it might look like trying out some public speaking. When your child finds what gives them that spark, pay attention to it. It might be the change they've always needed.

SLEEPING

When your child is struggling to get to sleep it can have a big effect on them. It can make it harder to concentrate during the day, or make them feel low and less able to cope.

There are lots of things that might make it difficult to get to sleep, including:

- ◆ struggling with difficult feelings or memories
- ◆ worrying about homework or exams
- ◆ difficulties at home
- ◆ having an unhealthy routine or diet.

Sleep Hygiene Tips for Kids & Teens

- 01 Get plenty of natural sunlight and movement in during the day
- 02 Use the bed only for sleeping, not doing homework or playing games
- 03 Keep electronics out of the bedroom, and don't use them two hours before bedtime
- 04 Stick to a bedtime and wake-up routine, even on weekends
- 05 Attend to sensory needs like sounds, smells, and comfortable bedding and PJs
- 06 Make sure the bedroom is cool, dark, and quiet

10 sleep tips for teens

1 Only use your bed for sleep. Don't lie on your bed outside sleep times

2 Try to go to bed and get up at about the same time every day

3 Don't consume caffeinated drinks after 2pm

4 Eat at least two hours before bed

5 Have a relaxing pre-bed routine. Clear your thoughts, meditate

6 Take a hot bath or shower (more than 20 minutes before bedtime)

7 Try drinking a milky drink or chamomile tea before bed

8 Make your bedroom a quiet place

9 Make sure your bedroom is not too hot

10 Turn your computer off. Leave your phone out of the bedroom

COPING WITH LOSS OR GRIEF

Grief is the feeling you have when you’re going through a loss. Usually, people feel grief after a person or animal dies, but not always. People can also experience grief when nobody has died.

Anyone can go through loss and grief, and it can affect people in lots of different ways. You might have feelings of loss after:

- someone close to you or a pet dies
- moving to a new place or school
- someone moves away or stops talking to you
- your support changes or you're not getting the same support
- you or someone else experiences a long-term illness or injury.

Going through grief and loss can feel overwhelming. It can make you feel stressed, angry, upset or even numb. For some people it can also mean you’ve not got the support you used to have, or that your life is going to change in lots of ways.

DENIAL

It is really hard for you to imagine that this person is really gone. You find it hard to believe that it's true.

ANGER

You start to feel angry because this person is not in your life anymore. You may feel angry toward them or others.

BARGAINING

You try to figure out if there's anything that you can do or change that could make this person come back.

DEPRESSION

You feel really sad because you understand that this person is gone and will not come back.

ACCEPTANCE

You understand that this person is gone, and you try to continue to get things back to normal the best that you can.

10 Coping Skills For Grief

It's important to find healthy ways to cope with grief. Use the acronym RECOVERY + 2, to help you navigate through your big emotions while you heal.

R

E

C

O

V

E

R

Y

R – Remember happy memories

Reflect on the good times you shared together.

E – Express your feelings

Talk or write about how you're feeling. You can also express your feelings through creative outlets such as art, music, or physical activities.

C – Connect with others

Spend time with friends and family.

O – Open up about your grief

Share your feelings with others. This can be with friends or family, or with more formal supports such as a therapist or peer support group.

V – Value self-care

Take care of your physical and emotional health.

E – Explore healthy coping strategies

Do positive activities that help you feel better.

R – Reach out for support

Ask for help when you need it. Talk to a trusted family member, teacher, counselor, or helpline such as 988 when you're going through a difficult moment.

Y – Yearn for a brighter future

Believe that things will get better. Even though it may feel tough right now, have hope for the future and remember that healing is possible.

PLUS 2 TIPS

Understand your emotions

Recognize that grief can bring various feelings. It's normal to feel a range of emotions such as sadness, anger, guilt, or even relief.

Practice patience

Give yourself time to heal. Grief can take time, and it's different for everyone. Remember, healing doesn't mean forgetting.

Child Bereavement Charities

Child Bereavement UK

REUNIONING LIVES TOGETHER

Call our Helpline

0800 02 888 40

Live Chat

childbereavementuk.org

THE HOSPICE CHARITY PARTNERSHIP

...you are not alone

Children's Bereavement Centres

...you are not alone

Dorothy House

HOSPICE CARE

Edwards Trust

harry's rainbow

primrose hospice

Care Companion Community

STAR

sunflower project

St Columba's Hospice Care

jigsaw

South West

JOSEPHINE'S STAR

stand-by-me

bereavement support

Trinity Hospice

Compassion and Care

Richmond & Hope

Supporting Bereaved Families Since 2011

St Columba's Hospice Care

Trinity Hospice

Compassion and Care

Confidential bereavement support, information and guidance for families and professionals

9am to 4.30pm, Monday to Friday